

# Isimo sokuphila ngokomqondo ngesikhathi se-COVID-19



#UnityinAction

## Umthelela ongabonakali wobhubhane lwe-COVID-19:

Sikhunjuzwa nsukuzonke ukuthi i-COVID-19 isayingxenywe yempilo yethu. Kodwa njengoba kukhishwa izibalo futhi sizwa ngesibalo sabantu abadlula emhlabeni nsukuzonke futhi, kunokujabulisayo, okuyizindaba zesibalo sabantu abasindayo, asikwazi ukubona ngale kwezibalo nokulahlekelwa kanye nokukhathazeka okufihlwa ngabantu.

Ukuhlukumezeka komphofumulo ngesikhathi sobhubhane kuzosala kukhona ebantwini abaningi impilo yabo yonke. Kodwa, lapho kunempilo, ithemba likhona. Ukubhekana nezinkinga nokuthola usizo lokukusiza ukwamukela okwenzekile nakanjani kuyindlela yokuqhubekela phambili.

Sethemba ukuthi iziphakamiso ezimbalwa ezikulo mbhalo zizosiza abantu abahlukumezekile ngokomoya ngenxa yokukhahlaneyzwa wobhubhane ukuze bathole ukululama futhi bafune usizo lapho beludinga.

## Ukushonelwa othandiweyo ngenxa ye-COVID-19:

Usizi lokushonelwa luyehluka kumuntu nomuntu. Esimweni se-COVID-19, ukulahlekelwa kungaba nzima kakhulu ngoba kusuke kunokuxhumana nelungu lomndeni noma nomngani ngaphambi kokufika kokufa. Imithethonqubo ithi akuvumelekile ukuvakashela abantu ezibhedlela, futhi kunanomthelela emandleni abantu okududuzana emingcwabeni.

I-Clinical psychologist uDessy Tzoneva weluleka ngokuthi wukuhlala uxhumene nomuntu osebhekene nezinsuku zokugcina okubaluleke kakhulu.



## I-Psychologist uDessy Tzoneva uthi:

“Uma othandiweyo wakho eguliswa i-COVID-19 futhi kudingeka ukuba alaliswe esibhedlela, qinisekisa ukuthi uhlala uxhumene naye. Yize noma kungaba nzima kakhulu nokho, bavumele ukuba bakhulume ngokufa noma ngabe bengakucabangi ngokwabo.

Kungenzeka bazame ukudlulisa ukwesaba kwabo, ukulungisa ubudlelwano, ukulungisa izinkinga, ukuzizwela bezilungele kangcono... Ukucabanga nangalezi zinto kulungile. Akusho ukuthi ufuna [ukufa] kufike noma ukuthi uma ucabanga ngakho uzokwenza ukuba kwenzeke.

Ukwethembeka nokuvuleleka ngalokhu kungenza ukuba sikwazi ukuba nethuba lokusho izinto esingafisa ukuzisho ngesinye isikhathi, ikakhulukazi uma isimo sothandiweyo wethu siba sibi kakhulu. Uma uthola ithuba, zinike isikhathi sokuvallelisa.

(<https://www.discovery.co.za/corporate/covid19-how-to-deal-with-the-death-of-a-loved-one>)

## Ukubhekana nokushona kothandiweyo:

Ekugcineni, ukuphikisana nesimo - umuzwa wokuqala weningi lethu elikulesi simo - ulandelwa wukwamukela Indlela esifika ngayo khona kanye nobude besikhathi buyahlukahlukana kumuntu ngamunye. Kunezinto eziningi ezisiza abantu ukuze baqhubekele phambili. Yilezi:



- Ukuzibekezelela, nokuzivumela ukuba uzile.



- Ukuqinisekisa ukuthi uyadla, uyalala futhi unakekela isimo sempilo yakho.



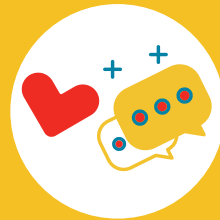
- Ukuvumela imizwa yakho ukuba iye lapho ufuna ukuya khona.



- Ukuncika kwabanye abantu ukuze bakududuze futhi bakusize.



- Ukusebenzisa ukholo lwakho uma lungakududuzi.



- Ukukhuluma ngothandiweyo wakho, khumbula lokho obekumenza abe ngobalulekile kuwe futhi ubungaze impilo yakhe.



- Cabanga ngokuxhumana nabanye ababhekane nokulahlekelwa futhi ucabange nangokujoyina iqembu lokusiza abantu abanenkinga efanayo.



- Ukukhumbula ukuthi impilo isazoba nezinto ezinhle nokufuna izinto ongazenza.

# Okumele ukwenze uma kungekho okubonakala kuwusizo:

Asikho isidingo sokuba namahloni ngokufuna usizo uma uludinga. Ezinye zezimpawu zokuthi udinga ukwelulekwa wungoti yillezi:



- Ukubona kunzima ukukholwa noma ukwamukela ukuthi othandiweyo wakho sehambile.



- Ukubona ukuthi usizi oluthwele luba nzima kakhulu njengoba kuqhubeka isikhathi kunokuba kube lulana ukukwamukela.



- Ukucabanga ukuthi impilo iyize noma asikho isidingo sokuphila. Ukufisa ukufa.



- Ukuzizwela wesaba, unexhala noma ubhekene nokuhlaselwa ukubanjwa wukwesaba.



- Ukuzizwela uhlukunyezwe wunembeza noma ukuzisola.



- Ukuba nemicabango egxile kothandiweyo wakho.



- Ukuzizwela undikindiki noma ungaxhumene nempilo.



- Ukubhekana nobunzima bokuzinakekela nokwenza izinto okumele uzenze.

## Ukuthola Usizo:

Ukuthola usizo nokwelulekwa ngalokho okumele kwenziwe, kulele ocingweni ngokuthinta i-South African Depression and Anxiety Group (i-SADAG), okuyinhlangano engenzinzuzo engakusiza ezinseleleni ezinhlobonhlobo. Bahlinzeka ngosizo lwamaqembu kanye nokwelulekwa ngocingo mahhala amahora angama-24 ngosuku, izinsuku eziyi-7 ngeviki.

Xhuma nabo ngenombolo yamahhala ku-0800 12 13 14 noma nge-SMS ku-32312.

## Imithelela ye-COVID-19 esimweni sokuphila ngokomqondo:

Ucwaningo lwakamuva laseNingizimu Afrika olwenziwa emikhakheni kahulumeni nezimele futhi kubandakanya i-SA Depression and Anxiety Group (i-SADAG), luthole ukuthi:



- Ukuwohloka komnotho, ukuphela kwemisebenzi kanye nokudilizwa kwabantu emisebenzini kwandise ukhwantalala.



- Bangingi abantu abaphila ngaphansi kwengcindezi emile.



- Abantu abadala banamathuba amaningi okubhekana nobunzima bobhubhane ngenxa yengcindezi kunezingane.



- I-SADAG ithole ukuthi bangaphezu kukahhafu abantu abahloliwe kwatholwa ukuthi banezinselele zesifo sexhala nokwethuka.



- Izigameko zodlame olusekelwe ngokobulili zinyukile njengoba abantu bebevateleke ezindlini ngenkathi kuvalwe imisebenzi ethile ezweni.



- I-COVID-19 ibe nomthelela omkhulu ekuxhumaneni kwabantu. Kuphinde kwanciphisa ukuxhumana phakathi kwabantu futhi kwanciphisa ukuxhumana nomhlaba. Umphumela ube umthelela esimweni sokuphila ngokomqondo sisonke.



- Abantu abake babhekana nezigameko ezethusayo noma ababhekene nengcindezi ethusayo eqhubekayo yiba abasengcupheni kakhulu yokuba nokugula ngokomqondo, okudalwa wubhabhane lwe-COVID-19.

## Ukusiza izingane zibhekane noshintsho okudalwe yi-COVID-19



Izingane zibheka abantu abadala ukuze zithole izeluleko, futhi indlela abantu abadala abenza ngayo iholela kulokho okwenziwa yizingane ezimweni ezidala ingcindezi maqondana nalokhu okwenzeka eduze kwabo. Uma ukhuluma nezingane nge-COVID-19:

- Yehlisa umoya, lalela futhi uziqinisekise.
- Qaphela indlela okhuluma ngayo nge-COVID-19. Lalela futhi uphendule kulokho okucatshangwa nokwesatshwa yizingane ngeqiniso.
- Chaza ngokugqagqana kwabantu kanye nezinye izindlela zokuzivikela, okubandakanya ukugeza izandla nokuzihlanza nge-sanitiser.
- Gxila kokuhle ngokuthi manje senizoba nesikhathi esiningi sokuhlala ndawonye njengomndeni. Zinike isikhathi sokwenza imisebenzi yangaphakathi endlini neyaphandle ngokubambisana.
- Yiba nohlelo losuku nosuku njengoba izingane zenza ezikwenzayo ukubhekana nohlelo olujwayelekile olwenza baphole futhi bakwazi ukuzicabangela ngokuzokwenzeka.
- Zinike uthando oluningi.
- Gada ezikubukayo kumabonakude, i-inthanethi, kanye nemithombo yezokuxhumana njengoba ulwazi nge-COVID-19 luhlelelwe abantu abadala futhi lungadala ukudideka emqondweni wezingane ezincane.

## Ukuqaphela isimo sokuphila ngokomqondo sengane:

Most children will manage well with the support of parents and other family members. If children show changes in behaviour, and display some of the symptoms below, consider consulting a professional if they occur for more than two weeks.



### Izingane ezisenkulisa

Ukuncela isithupha, ukuzichamela, ukubambelela kubazali, ukuphazamiseka lapho belele, ukungakuthandi ukudla, ukwesaba ubumnyama, ukuba kubi kakhulu kwendlela abaziphethe ngayo kanye nokungazisondezi ebantwini.



### Izingane ezifunda isikole

Ucasu, udlame, ukunamathela, amaphupho amabi, ukugwema ukuya esikoleni, ukungawugxilisi umqondo, kanye nokuhoxa ezintweni ezenziwayo nabangani.



### Izingane ezikhulakhulile

Ukulala nokuphazamiseka kohlelo lokudla, ucasu, ukwanda kwezimpikiswano, ukukhalaza, ukudelela kanye nokungawugxilisi umqondo.

# Izinyathelo zokugcina umuntu esesimweni sokuphila ngokomqondo:

UMnyango Wezempilo wendlale izindlela ezinhlobonhlobo zokubhekana nengcindezi kanye nokusindwa komqondo ngenxa yobhubhane. Lokho kubandakanya:

1. Ukuqinisekisa ukuthi awucoshi ulwazi ngokweqile maqondana nobhubhane kanye nezinto onentshisekelo kuzo, kanye nezinye izimo zempilo yakho. Ukucosha ulwazi oludala ingcindezi ngokweqile izikhathi ezinde kungandisa ingcuphe yezimo zokugula ngokomqondo ezinjengesifo sexhala nokhwantalala. Kubalulekile nokuthi ulwazi luqonde futhi lube ngolukholakalayo.
2. Ukugcina izinhlelo zokudla ezilungele isimo sempilo.
3. Ukuvama ukulolonga umzimba.
4. Ukuqinisekisa ukuthi kugcinwa izinhlelo zokulala ezifanele.
5. Ukugwema ukuphuza utshwala noma ikhafini ngokweqile.
6. Ukulandela izindlela ezilandelekayo zokuphumula njengokulolonga umzimba kokulawula indlela yokuphefumula nokuzindla.
7. Ukukhuluma ngemizwa engemihle nabathandiweyo bakho nokwakha uhlelo losizo.
8. Ukufuna usizo longoti uma ubona ukuthi uyehluleka.

## Amareferensi

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## Ukuthola iseluleko nokusizo, shayela:

**I-The South African Depression and Anxiety Group (i-SADAG)**  
kunombolo yamahhala ethi **0800 12 13 14** noma uthumele i-SMS ku-**32312**.

**I-GriefShare**, esebenza ezindaweni eziningi ezweni lonke. Ukwazi kabanzi, ngena kubhrawuza yakho, bese uthayiphe ukuthi 'Griefshare branches in South Africa'.

Ezinye izinombolo zosizo zibandakanya:

**I-Befrienders Bloemfontein** ehlinzeka ngosizo lwangokomoya amahora angama-24, ngenombolo yababhekene nezinkinga kanye ne-imeyli, ebantwini ababhekene nemizwa yokukhathazeka nokuphelelwa amandla. Ukuthola usizo lokwelulekwa siqu olutholakala kulabo abashaye ucingo E-Bloemfontein.  
**Ucingo: 051 444 5000**

**I-Lifeline South Africa** ihlinzeka ngemisebenzi yamahora angama-24 ebantwini baseNingizimu Afrika ukuze kubhekanwe nezingcindezi yesimo somqondo nesezenhlalakahle kanye nokwethuka abantu ababhekene nakho.  
**Ucingo: 0861 322 322**

**I-SADAG Suicide Prevention Line**  
I-South African Depression and Anxiety Group's Suicide Prevention Line ihlinzeka ngosizo lwamahora angama-24 ebantwini baseNingizimu Afrika abasengcupheni yokuzibulala.  
**Ucingo: 0800 567 567**

**I-South Africa Suicide Crisis Helpline** ihlinzeka ngosizo lwamahora angama-24 ebantwini baseNingizimu Afrika abanengcindezi noma abasengcupheni yokuzibulala.  
**Ucingo: 0800 21 22 23**  
**Ucingo: 0800 12 13 14**

**I-Tears Foundation** ihlinzeka ngosizo ezweni lonke ngenombolo yosizo yama-SMS amahhala amahora angama-24 kunoma wubani owumgilwa wokudlwengulwa nokuhlukunyezwa ngokocansi eNingizimu Afrika.  
**Ucingo: \*134\*7355# / 010 590 5920**  
**I-imeyli: info@tears.co.za**